

# Recipe

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## Velveted Beef & Broccoli Stir-Fry

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Tender beef without the braise. Ready in 35 mins.

Here are 5 different ways to view the execution of this recipe. Choose the one that fits your cooking style best.

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### Format 1: The “Mise-en-place” & Execution Flow

*Best for: Ensuring you have everything ready before you start the heat.*

#### Mise-en-place (Main & Companion):

##### • The Main (Beef) Prep:

- Slice 1 lb Chuck Stew Meat (1/8" thin against grain).
- Mix **Velvet Marinade**: 1/2 tsp Baking Soda, 1 tbsp Cornstarch, 1 tbsp Soy Sauce.

##### • The Companion (Rice): 2 cups Jasmine Rice, 3 cups Water (or per cooker instructions).

##### • The Main (Veg & Sauce) Prep:

- Cut 2 large heads Broccoli (bite-sized florets).
- Slice 1 bunch Scallions.
- Grate 1 tbsp Ginger.
- Mince 3 cloves Garlic.
- Mix **Sauce**: 1/2 cup Soy Sauce, 1 tbsp Sesame Oil, 1 tbsp Brown Sugar, 1 tsp Cornstarch.

#### Execution (Interleaved):

1. **Velvet (Main)**: Toss sliced beef with Velvet Marinade. **Let sit 20m**.
2. **Start Companion**: IMMEDIATELY start the rice (stove or cooker). This takes ~20m, exactly the velvet time.
3. **Prep**: While beef sits and rice cooks, chop broccoli, ginger, garlic, scallions, and mix sauce.
4. **Sear (Main)**: Heat 2 tbsp oil in wok (smoking hot). Sear beef in batches. Remove.
5. **Veg (Main)**: Add oil. Steam-fry broccoli (splash of water, cover 1m) until bright green.
6. **Finish Main**: Return beef. Add aromatics. Pour sauce. Toss 30s.
7. **Serve**: Rice should beep/finish just as the beef is done. Serve immediately.

### Format 2: The “Flavor Layers” (Step-by-Step Build)

*Best for: Understanding the sequential build-up of flavors.*

#### 1. NEUTRAL Canvas (Companion):

The plain jasmine rice acts as a neutral sponge, essential for soaking up the intense salty/savory sauce.

#### 2. VELVET Texture Layer (Main):

The baking soda alters the pH of the beef during the 20m rest, creating a unique “bouncy” tenderness.

#### 3. MAILLARD Layer (Main):

The high-heat sear creates savory crust on the beef, essential for depth before the sauce is added.

#### 4. FRESH Veg Layer (Main):

Rapidly cooking the broccoli preserves its crunch and chlorophyll (bright green), contrasting the soft meat and fluffy rice.

#### 5. UMAMI GLAZE Layer (Main):

The soy/cornstarch sauce binds the beef and broccoli together, coating them in a glossy sheen that drips onto the rice.

### Format 3: The “Chef’s Shorthand” (Tactical)

*Best for: Quick glances while cooking.*

- **Velvet** beef (set 20m timer).

- **Start Rice** immediately.

- **Prep** veg & sauce while waiting.

- **Sear** beef hard (batches -> remove).

- **Steam-fry** broccoli.

- **Aromatics** ginger/garlic (30s).

- **Combine** beef + sauce. Thicken.

- **Serve** over hot rice.

## Format 4: The “Timeline” (Parallel Processor)

*Best for: Optimization and multi-tasking.*

Time	Action	Notes
T-0:35	<b>Velvet (Main)</b>	Slice beef, toss w/ soda/starch. Start timer.
T-0:30	<b>Start Companion</b>	Wash rice, start rice cooker/pot.
T-0:20	<b>Prep (Main)</b>	Cut broccoli, grate ginger, mix sauce.
T-0:10	<b>Sear (Main)</b>	High heat. Brown beef. Remove.
T-0:05	<b>Veg (Main)</b>	Cook broccoli (crunchy).
T-0:02	<b>Finish (Main)</b>	Add beef/ aromatics/sauce. Thicken.
T-0:00	<b>Serve</b>	Rice + Beef finish together.

## Format 5: The “Sensory Script” (Audio-Visual)

*Best for: Cooking by feel and intuition.*

- **TOUCH:** Beef slices feel slippery (cornstarch) before cooking. Rice should be fluffy, separate grains, not mushy.
- **SOUND:** The wok should “scream” when the beef hits it. The rice cooker “click” or “beep” serves as your 5-minute warning to start the stir-fry.
- **LOOK:** Broccoli goes from dull green to vivid “highlighter” green. Stop cooking then!
- **SMELL:** The sharp, pungent aroma of searing ginger and garlic signals the dish is almost done.
- **TASTE:** The sauce is aggressive; eating a piece of broccoli alone might be salty, but eaten with the plain rice, it’s perfect.

### *Kid Submeal*

- **Simple Stir-Fry:** Reserve several strips of beef after searing (before the sauce) and some steamed broccoli. Serve with plain rice and a little soy sauce for dipping.